

Skúšobný program
5. kyu Gendai Goshin Tonfa Jitsu

I. TEÓRIA : Dejiny ryukyu kobudo a umenia tonfa jitsu

II. KAMAE + MOCHI: TONFA a TAI KAMAE
MOCHI a MOCHIKAE

III. KIHON :

HONTE TSUKI / ZENKUTSU DACHI
GYAKUTE TSUKI / ZENKUTSU DACHI
UWA UCHI / ZENKUTSU DACHI
YOKO UCHI / ZENKUTSU DACHI
URA UCHI / ZENKUTSU DACHI
GYAKU MAWASHI UCHI / ZENKUTSU DACHI
HONTE GEDAN BARAI UKE / ZENKUTSU DACHI
GYAKU GYAKUTE GEDAN BARAI UKE / ZENKUTSU DACHI
HONTE UCHI UKE / ZENKUTSU DACHI
GYAKUTE UCHI UKE / ZENKUTSU DACHI
UWA UKE / ZENKUTSU DACHI
HONTE SOTO UKE / ZENKUTSU DACHI
KOSHI HIKITORI / ZENKUTSU DACHI
(ukončiť s UCHI / SOTO MAWASHI UCHI)
KAZUGI HIKITORI / ZENKUTSU DACHI
(ukončiť s GYAKUTE TSUKI)

IV. KUMITE : 5 Renshuho Kumite proti Bo (Príloha A)

ICHI KUMITE (Príloha B)

V. KATA : RENSHUHO SHODAN (Príloha C)

Kobudo Zentrum Waldböckelheim, 27.11.94 / Sei
Hinode Kobudo Dojo, 13.02.02 / Jo